

# DINNERLY



## Creamy Feta-Stuffed Chicken with Green Rice



25 minutes



2 Servings

Oozing with feta, this stuffed chicken is mouthwatering to the max. Serve with emerald green rice, packed with the goodness of leafy greens and herbs.



## WHAT WE SEND

- 100g kale
- parsley
- 50g feta <sup>7</sup>
- 150g jasmine rice
- 1 large free-range chicken breast fillet
- 10g country seasoning <sup>17</sup>

## WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 10g butter <sup>7</sup>

## TOOLS

- small saucepan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 610kcal, Fat 26.4g, Carbs 68.3g, Proteins 45.4g



### 1. Prep ingredients

Remove the tough inner stems from the **kale**, then finely chop the leaves. Finely chop the **parsley** leaves, discarding the stems. Crush or finely chop **1 garlic clove**. Put the **feta** and garlic in a bowl, season with **pepper** and stir until smooth.



### 2. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Stir in the **kale**, **parsley** and **1 tbs olive oil**. Season with **salt and pepper**. Turn off the heat and stand, covered, for at least 5 mins.



### 3. Stuff chicken

Meanwhile, using a sharp knife, cut a deep slit into the thickest side of the **chicken breast** to form a pocket (see Make it yours), taking care not to cut all the way through. Fill the chicken with the **feta mixture** and press together to seal. Drizzle the **stuffed chicken** with **2 tsp olive oil**, scatter with the **country seasoning** and turn to coat.



### 4. Pan-fry chicken

Heat **10g butter** in a medium frypan over medium heat. Cook the **stuffed chicken** for 5-6 mins each side until golden and cooked through. Add **1½ tbs water** to the pan and cook for 1 min or until slightly reduced. Remove the chicken from the pan and rest for 3 mins.



### 5. Serve up

Thickly slice the **chicken**. Divide the **green rice** among plates, top with the sliced chicken and drizzle with the pan juices. Enjoy!



### 6. Make it yours

If you find stuffing the chicken a little fiddly, simply add the feta mixture to the pan with the water in Step 4 to make a creamy sauce instead. Cook for an extra 1 min to ensure the garlic is cooked.